



FOOD TO HEAL • 001

Resistant Starch

Support your gut health with a diet rich
in resistant starch



Resistant starch

Resistant starch is a special kind of fibre that isn't digested in your small intestine. Instead, it travels to the large intestine, where it becomes food for your gut bacteria. When this happens, bacteria can produce substances known as short-chain fatty acids, which can support better gut health and bring a range of benefits for your body.



Foods high in resistant starch

A great way to increase your resistant starch intake is through a diet rich in legumes, whole grains, and cooked and cooled starches.

	Fruit + vegetables (½ cup unless otherwise stated)	Legumes (½ cup)	Grains (½ cup)
Very Best	<ul style="list-style-type: none"> • Semi-ripe banana (1 large) • Green banana flour (1 tbsp) 		
Best	<ul style="list-style-type: none"> • Potato, cooked, chilled and then reheated 	<ul style="list-style-type: none"> • Baked beans, canned • Kidney beans, canned • Fava beans, canned • Butter beans, canned 	<ul style="list-style-type: none"> • Rice, white, ready to heat • Wholegrain barley groats, cooked
High	<ul style="list-style-type: none"> • Potato, cooked then chilled • Ripe banana, 1 large • Peas, cooked 	<ul style="list-style-type: none"> • Chickpeas, canned • Lentils, dehulled green/red, chilled • Lentils, dehulled green/red, chilled and reheated 	<ul style="list-style-type: none"> • Rice, white, long grain, cooked then chilled
Moderate	<ul style="list-style-type: none"> • Potato, cooked • Peas, canned • Sweet corn, cooked 	<ul style="list-style-type: none"> • Kidney beans, cooked • Mixed beans, canned • Pinto refried bean, canned • Lentils, dehulled green/red, cooked 	<ul style="list-style-type: none"> • Muesli • Corn cereal, flakes • Rice, white, long grain, cooked

How to add resistant starch foods to your diet:

- Add semi-ripe bananas to your smoothies or choose green banana flour to make pancakes.
- Serve your main meals with a side of white rice.
- Reheating can increase resistant starch in foods like potatoes, though this effect doesn't occur in lentils.
- Upgrade your salads by adding in cooked and cooled potato, canned chickpeas or fava beans, or cooked barley groats.

Increasing fibre intake:

1. Gradually increase fibre intake to allow the digestive system to adjust. Stay well-hydrated as consuming more fibre without sufficient water may cause gastrointestinal blockage.
2. Mild symptoms such as gas or bloating are a normal sign your gut bacteria are adjusting to increased fibre intake — they don't always mean intolerance.
3. If you get gut symptoms, slightly reduce your fibre intake for a few days before slowly increasing as tolerated.

Recipe ideas

Legume pasta salad (serves 4)

Ingredients:

- 1 packet of pasta – Pulse/GF or of your choice
- Pinch of salt
- 1 cup kidney beans – (canned)
- 1 cup chickpeas – (canned)
- ½ cup corn (fresh, canned, frozen)
- ½ cup peas (fresh, canned, frozen)

Method:

Pasta (overnight)

1. Cook pasta according to package instructions
2. Drain and rinse with cold water
3. Place in bowl and place in the fridge overnight



- 1 table of extra virgin oil
- ½ cup diced red onion
- ½ red capsicum
- Handful of coriander/parsley for garnish (optional)

Salad (on the day)

1. Place corn, peas, and legumes in a bowl (if frozen – place corn and peas in boiled water until thawed) and drain water
2. Cut red pepper and onion and place it in the bowl
3. Add olive oil and lemon to bowl
4. Add pasta and mix with salad
5. Finish with fresh herbs for a colourful, fibre-rich salad that keeps well for lunches.

Banana flour pancakes (serves 2)

Ingredients:

- 1 cup green banana flour
- 2 tablespoons sugar/1 tablespoon of monk fruit (adjust sweetness)
- 2 tsp baking powder
- 2 tsp vanilla extract
- 2 large eggs
- ¼ tsp salt
- 1 tsp vanilla extract
- 2 tablespoon oil
- ½ cup milk (dairy or non-dairy)
- Oil for cooking
- Honey, fruit, walnuts/pecans for topping

Method:

1. In a bowl, whisk together flour, sugar, baking powder, and salt
2. Add eggs, vanilla extract, 1 tablespoon of oil, and milk
3. Mix well until a runny consistency
4. Heat a pan over medium heat, and add 1 to 2 tablespoons of oil to the pan
5. Once the pan is hot, add batter onto the surface, and cook for 1-2 minutes and flip for the same period
6. Add optional toppings like fresh berries or ricotta cheese with a drizzle of honey



Including a variety of resistant starch foods in your meals may help fuel beneficial bacteria and support your gut microbiome. Start small, try different options, and notice how your body responds—even little swaps can make a positive difference over time.